

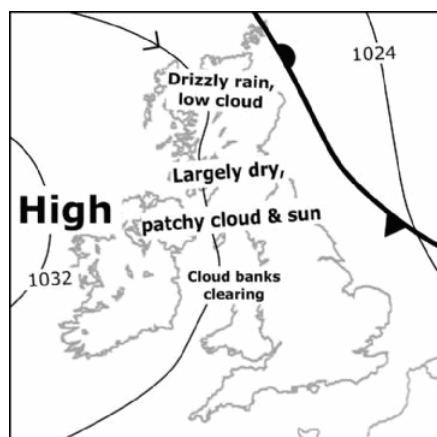
West Highlands

Western Highlands accessible from, and south of, Glenfinnan (Road to the Isles) and Glen Spean (includes Creag Meagaidh). This area includes Ben Nevis and the mountains around Glencoe. In the east, from Ben Alder south to Loch Lomond and Trossachs NP. Also Arran and Mull.



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General Summary for Wednesday, 22 July, 2026



British Mountain Summary:

Based on forecast chart for noon 22 July, 2026

Dull and damp for northern Scotland much of the day, low cloud blanketing the hills, fresh northwesterly winds, feeling cool. Drier and better cloud breaks southward across the Highlands. Some cloud on hills in northern England and Wales tending to lift and break, some warm sunshine.

Headline for West Highlands

Lowest cloud and damp north, better south. Moderate breeze.

Detailed Forecast for Wednesday, 22 July, 2026

How windy? (On the Munros)	North to northwesterly 15 to 25mph, typically strongest on coastal mountains throughout the day, and more widely early in day, at times 30mph high tops.
Effect of wind on you?	Feeling breezy and rather cool on high terrain particularly morning, in places starting to affect balance on exposed ridges.
How wet? (Precipitation and its impact)	A little rain mainly north Occasional patchy light rain and drizzle mainly Lochaber to Mull. Largely dry further southwards, odd drizzly patches near to coasts.
Cloud on the hills?	Fairly extensive, persistent coasts, rising inland, breaks south Covering hills fairly widely above 700 to 900m in morning in Lochaber and coasts, some lower banks. Tending to lift above 1000m, breaks forming higher inland afternoon, best Loch Lomond NP. Lower banks persist Mull to Jura.
Chance of cloud free Munros?	20% rising to 40% inland north, 60% south.
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun breaking through at times, better southwards. Visibility mostly very good below cloud.
How Cold? (at 900m)	9C where in cloud, rising to 11C afternoon inland, 13C eastern Loch Lomond NP. Feeling near 0C in the wind early in day.
Freezing Level	Above the summits.

West Highlands - Looking Ahead

	Thursday 23 July	Friday 24 July
How windy? (On the Munros) Effect of wind on you?	Westerly 15 to 25mph, strongest over high tops in Ben Nevis group and coastal tops near Mull, freshening widely, later 30mph. Fairly small effect on walking, but feeling breezy and quite cool on high terrain. Becoming increasingly blustery evening.	Westerly 25 to 40mph, strongest sustained speeds over higher Ben Nevis group with gusts to 50mph. Very blustery over high terrain, affecting comfortable walking and balance on some ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	Damp west Lochaber, drier south Patchy drizzle, most frequent near and west of Loch Linnhe, where developing into some steadier light rain during evening. More often dry Loch Lomond NP.	Drizzly rain Drizzle over many mountains much of the day, some steadier light rain particularly western Lochaber. Some drier moments inland Loch Lomond NP. Into evening, heavier rain develops from northwest.
Cloud on the hills?	Fairly extensive, rising, some breaks Shrouding hills especially in Lochaber from lower elevations upward early in the day, patchier southward. Bases tending to lift to 900-1000m with breaks forming inland, though near Mull lingers above 800m.	Extensive, lowest coasts Shrouding most mountains all day, near coasts much of day above 500-600m, bases typically 700-900m inland, some breaks may form toward central highlands.
Chance of cloud free Munros?	20% W Lochaber, rising to 40% elsewhere.	20%
Sunshine? Air clarity (below cloud)	Largely cloudy, misty poor visibility to some lower elevations up in the morning, improving to become very good below cloud where dry, some sun breaking through best in Loch Lomond NP.	Cloudy and dull, misty much of day west coast hills. Some better visibility inland at times below cloud and where dry.
How Cold? (at 900m) Freezing Level	8 or 9C coastal areas, little change all day. Inland 9 or 10C rising to 12C out of cloud. Feeling near 0C in the stronger wind. Above the summits.	7C rising to 9 or 10C; little change with added height on Munros. Feeling like 0 to -5C directly in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 23 July, 2026

Westerly winds strengthen widely later this week, reaching gale-force over Scottish tops on Friday; low cloud across western Scotland, drizzle and steadier light rain, turning heavier later Friday. A swathe of persistent rain and strong winds moving southwards across Britain into Saturday, leaving a legacy of showers for Scotland, winds tending to lessen. Further areas of showers into Sunday. A changeable westerly pattern into next week and likely into early August, bringing spells of rain and showers; varying wind speeds, strengthening at times to gales on high tops. Often cooler for Scotland, a mix of cooler and warmer days for England & Wales.

Forecast issued at 16:01 on Tuesday, 21 July, 2026

The Production of the Scottish forecasts is fully funded by sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2026.